

# Spinach and mushroom risotto

**Makes: 4 servings | Prep: 10 mins | Cook: 35 mins**

This healthy recipe combines fresh vegetables and herbs.<sup>1</sup> Made without butter or cream, it still tastes rich but has very little fat. For a decadent touch, drizzle individual portions with truffle oil or extra-virgin olive oil before serving.

## Ingredients

- 4 cups reduced-sodium, low-fat chicken broth (or vegetable broth)
- 2 Tbsps extra-virgin olive oil, divided
- ½ onion, finely chopped
- 1 garlic clove, minced
- 1 cup arborio or carnaroli "risotto" rice, rinsed and drained
- ½ cup dry white wine (such as sauvignon blanc or pinot grigio)
- 12 oz assorted mushrooms (such as shiitake, cremini and button), sliced
- 3 cups fresh baby spinach, coarsely chopped
- 1 tsp fresh thyme leaves
- ¼ cup freshly grated Parmesan cheese
- Salt and freshly ground black pepper
- Truffle oil, optional



## Preparation

In a saucepan, bring the broth to a simmer. Cover and keep warm over low heat.

In a large stockpot over medium heat, add 1 Tbsp of the olive oil. Sauté the onion for 2 to 3 minutes. Add the garlic and sauté for 1 minute. Add the rice and sauté for 1 minute. Add the wine and stir until it is almost completely absorbed.

Begin slowly adding the broth, ½ cup at a time, stirring frequently. Wait until the liquid is almost completely absorbed before adding more, 2 to 4 minutes. Continue to add the broth, stirring frequently, for 20 to 30 minutes, or until the risotto has a creamy texture but is still al dente (just firm). You may not need to use all of the broth.

Meanwhile, in a skillet over medium-high heat, add the remaining 1 Tbsp of oil. Sauté the sliced mushrooms for 3 to 5 minutes, or until they have softened and released their liquid.

When the risotto is ready, stir in the spinach until wilted. Add the mushrooms, thyme and cheese and stir to combine. Season with salt and pepper and serve immediately. Drizzle individual servings with a small amount of truffle oil or olive oil if desired.

## Nutrition

Serving size: 1.5 cups



Calories: 320 | total fat: 12 g | saturated fat: 3 g | sodium: 450 mg | cholesterol: 10 mg  
total carbs: 40 g | fiber: 3 g | sugars: 2 g | protein: 10 g | potassium: 500 mg

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<sup>1</sup><https://www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy/find-healthy-recipes/main-dishes/spinach-and-mushroom-risotto.html>